Contents

Preface ix
Acknowledgments xiii

Chapter One
INTRODUCTION 1
Philosophical Principles 2
Conceptual Frameworks 8
Integrative Themes 16
Paradigms, Postmodernism, and Possibilities 19
M and M Dialogue 28

Chapter Two
MEANING-MAKING 34
Self 36
Culture 42
Story, Connection, Ritual, and Myth 49
Conclusion 56
M and M Dialogue 57

Chapter Three
STRENGTHS AND RESILIENCE 61
Strengths and Resilience: Images of Altruism and Humanity 63
Conclusion 87
M and M Dialogue 87

Chapter Four
BIOPSYCHOSOCIAL UNDERSTANDING 92
Human Nature and the Human Condition 92
Genes and Experience: The Case of Temperament 100
The Brain and Behavior: The Biopsychosocial View 106
Conclusion 127
M and M Dialogue 127

Chapter Five
NATURE AND NURTURE, NEURONS AND NARRATIVES: PUTTING IT ALL TOGETHER 132
Nature and Nurture: How Necessary Are Parents? 132

Neurons and Narratives: A Biopsychosocial Understanding of Mental Illness 150
Conclusion 164
M and M Dialogue 165

Chapter Six
THEORIES: PART I 171
The Elements of Theory 172
Part/Whole Analysis 185
Psychodynamic Theory 187
M and M Dialogue 199

Chapter Seven
THEORIES: PART II 205
Ecological Theory 205
Cognitive Theory 216
Radical/Critical Theory 229
Conclusion 242
M and M Dialogue 243

Chapter Eight
PERSON/ENVIRONMENT, PART I: FAMILIES—THE VARIETY OF US 251
The Family and Society Today: What's Up? 252
What Are Families For? 256
What Is a Family? 264
Family Resilience 287
Conclusion 289
M and M Dialogue 290

Chapter Nine
PERSON/ENVIRONMENT, PART II: COMING INTO BEING IN THE FAMILY AND COMMUNITY 297
A Contextual Model of Family Transition and Adaptation 298
Becoming Partners and Being a Couple 303
A New Human Being Joins the Family 310
When Things Go Awry 328
Conclusion 334
M and M Dialogue 334

Chapter Ten
PERSON/ENVIRONMENT, PART III: GROWING UP IN FAMILY AND COMMUNITY 340
Middle Childhood: The Forgotten Years 340
Conclusion 364
M and M Dialogue 365

Chapter Eleven
PERSON/ENVIRONMENT, PART IV: COMING OF AGE IN FAMILY AND COMMUNITY 370
Sturm und Drang or *The Romance of Risk?* 370
Conclusion 411
M and M Dialogue 412

Chapter Twelve
PERSON/ENVIRONMENT, PART V: MATURING AND AGING IN FAMILY AND COMMUNITY 418
Maturity: Love, Work, Connection, and Closure 418
Some Important Moments in Adult Life 435
Coming of (Older) Age in America 452
Conclusion 466
M and M Dialogue 466

Chapter Thirteen
REPRISE, VISION, AND THE FINAL CONVERSATION 474
Reprise 474
So What Is the Good Life, Anyway? 487
Conclusion 491
The Final M and M Dialogue 492

Index 499